

# What Can A Man Do to Help His Wife and Unborn Baby?



Publication No, 96-5703

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National Indian Fetal Alcohol Syndrome Project



**Fetal Alcohol Syndrome (FAS) is a permanent birth defect which results from a mother's drinking alcoholic beverages during pregnancy. If the mother does not drink, then she will not have a baby with this defect.**

**A male can support the future mother in a number of ways. The following suggestions can help to insure a healthy pregnancy.**

- **Encourage the future mother to get prenatal checkups and go with her.**
- **Encourage her to eat a balanced diet and to take prenatal vitamins if prescribed by the health clinic.**
- **Make an agreement that neither he nor the future mother will drink alcohol, smoke cigarettes, marijuana, or use any drugs while she is pregnant. This agreement makes it easier for the woman to maintain a healthy life style.**
- **Remind her that any medicine taken during the pregnancy should be used only with the approval of her doctor.**